

**12-WEEK WEIGHT LOSS PROGRAM**

# STEP UP & SCALE DOWN

An innovative 12-week program designed to guide participants toward weight management goals through nutrition tips, exercise, and a personalized weight-loss planner.

**Kick off starts: May 14, 2015**

**Location: Texas A&M AgriLife Extension, Travis County Office at 1600-B Smith Road, Austin, TX 78721**

*Classes will be (12) consecutive Thursdays*

**Evening Classes**

**Time: 5:30 – 6:30 pm**

**Dates: May 14, 21 & 28 ; June 4, 11, 18 & 25**

**July 2, 9, 16, & 23 ; August 6**

Registration cost for the 12-week program is \$80.00 (includes all materials, DVD for physical activity and a cookbook.) There is a \$20.00 gift card for those that complete 10 out of 12 classes and a \$20.00 gift card for those that achieve their weight goal. Pre-registration is available until May 11, 2015.

**There are NO REFUNDS for registration.**

**For more information, please contact Sonia Coyle,  
FCS Agent 512-854-9605  
or e-mail [sonia.coyle@ag.tamu.edu](mailto:sonia.coyle@ag.tamu.edu)**

